



Utah Division of Substance Abuse and Mental Health

Substance Abuse Prevention FY2004 Fact Sheet

The Risk and Protective Factor Framework

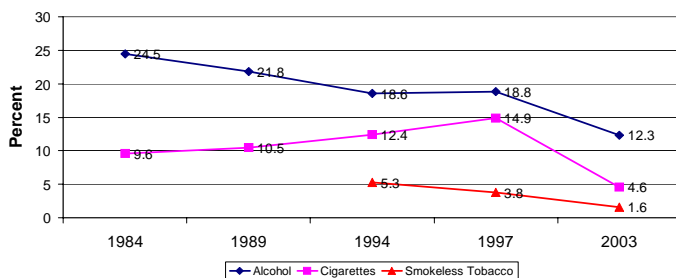
Most people can easily name at least a few of the risk factors for a heart attack (e.g., smoking, obesity, high blood pressure). Public health organizations have done a great job of educating the American public about the behaviors and conditions that increase the likelihood of a person experiencing a heart attack.

In this same vein, recent research has identified a number of characteristics of a young person's school, community and family environments, as well as individual characteristics of young people and their peer groups, that are known to predict an increased likelihood of substance abuse and other problem behaviors. These characteristics are known as **Risk Factors**. Research has also identified a number of **Protective Factors** that have been demonstrated to exert a positive influence or serve as buffers against the negative influences of the Risk Factors, thus reducing the likelihood that young people will engage in problem behaviors. Together, these factors define the **Risk and Protective Factor Framework** that provides the foundation for the planning, implementation and evaluation of Utah's substance abuse prevention efforts.

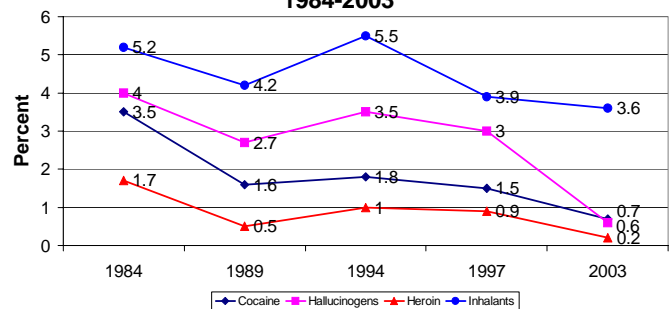
Youth Substance Abuse in Utah is Down!

A comparison of substance use rates among Utah's 7th to 12th graders, from 1984 to 2003, shows significant decreases in use.

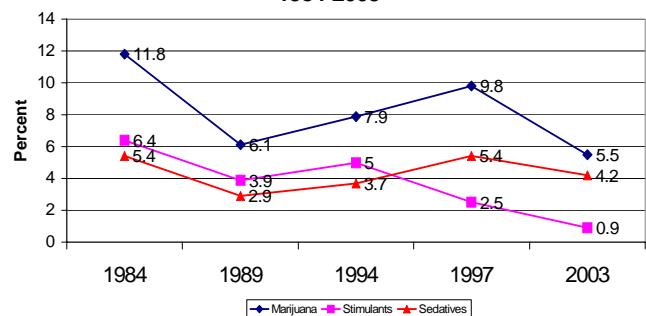
Percent of Utah Students Grades 7-12 Who Used Various Substances During Past 30 Days: 1984-2003



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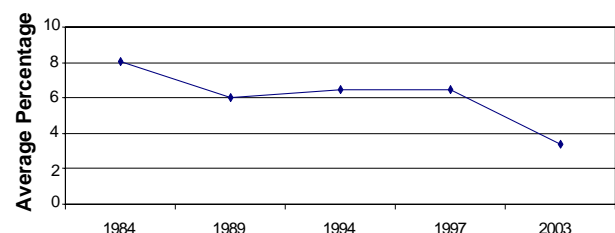


Percent of Utah Students Grades 7-12 Who Used Various Substances During Past 30 Days: 1984-2003



The average percentage of use for all Alcohol, Tobacco, and Other Drugs dropped by 58% from 1984 to 2003.

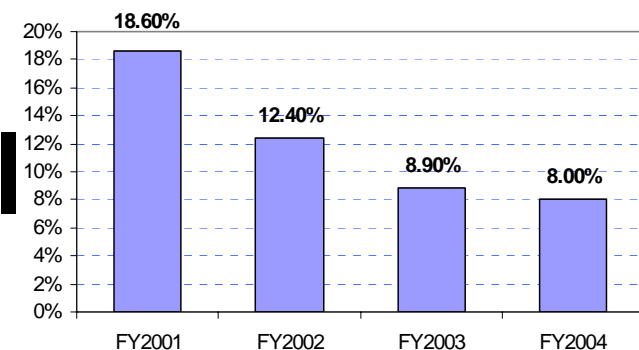
Average Percentage of Utah Students Grades 7-12 Who Used Various Substances During Past 30 Days: 1984-2003



Federal Synar Amendment: Protecting The Nation's Youth from Nicotine Addiction

The Synar Amendment requires states to have laws in place prohibiting the sale and distribution of tobacco products to persons under the legal age (19 in Utah) and to enforce those laws effectively. States are to achieve a sales-to-minors rate of not greater than 20 percent. Across the Nation, states have made great strides in reducing retailer violations of the law as required by the Synar Amendment. Utah has continued to decrease the number of tobacco sales to minors and has a violation rate of under 10%. This effort is a collaboration between the Department of Health and DSAMH.

**Percentage of Utah Outlets Found in
Violation of Tobacco Sales**



Examples of Substance Abuse Prevention Initiatives

SICA

In 2000, the Center for Substance Abuse Prevention (CSAP) awarded Utah a State Incentive Cooperative Agreement (SICA), a three-year grant of \$8.7 million, targeted at providing prevention services for 12-17 year olds. The purpose of SICA is to transform Utah's substance abuse prevention system by phasing out ineffective practices and moving toward implementation of science-based practices, policies, and programs that have been proven to work. Since the inception of the project, Utah's local substance abuse authority areas have undertaken comprehensive data collection, risk and protective factor identification, and program planning. Based upon the key issues identified in each community, programs are selected that will target specific risk and protective factors. SICA has resulted in a considerable increase in the number of

science-based prevention efforts in Utah communities; there are currently 41 best practice prevention programs being fully implemented and sustained throughout the State. The grant is in its last year, and will end in September of 2005.

SIG-E

In September 2003, CSAP awarded Utah a State Incentive Enhancement Grant of \$750,000 per year for three years. The SIG-E permits Utah to build upon the evidence-based prevention model implemented with the SICA grant by addressing another population, in particular 18-25 year old college students. In conjunction with the SIG-E Project, the presidents of all of Utah's institutions of higher education signed a "Presidents' Statement of Commitment" in support of the grant and campus-based substance abuse prevention and early intervention efforts. Utah is one of only three states to receive a SIG-E to address the 18-25 year old population.

SHARP Survey

In collaboration with the Utah State Office of Education and the Utah Department of Health, DSAMH successfully implemented the "Student Health and Risk Prevention (SHARP) Survey" in school districts throughout Utah in 2003. The three agencies are currently preparing for the implementation of the survey in February/March of 2005. This interagency partnership has enabled the first school-based survey dealing with substance abuse issues since 1997. The survey combines three instruments: the Office of Education's Youth Risk Behavior Survey (YRBS), the Department of Health's Youth Tobacco Survey (YTS), and the DSAMH's Prevention Needs Assessment Survey (PNA). In 2005, at least 38 of Utah's 40 school districts are set to participate, and oversampling of students in most school districts will enable the collection of much more useful data. It is anticipated that 95,000 6th, 8th, 10th, and 12th grade students throughout Utah will participate in the 2005 SHARP Survey, compared to 14,368 in the 2003 survey. Data obtained through the surveys are utilized to identify key risk and protective factors for substance abuse, in the selection of science-based prevention programs that will reduce risk and increase protection, and to measure progress in reducing substance use/abuse among Utah students in grades 6 through 12.

Higher Education Survey

In 2003, Utah conducted a statewide survey of Utah's public institutions of higher education. The Utah Higher Education Health Behavior Survey measured the use/abuse of alcohol, tobacco and other drugs, as well as other health-related behaviors and mental health issues among Utah's college population. Data are utilized by the campuses to identify the key risk and protective factors for substance abuse among students, and to aid in the selection of prevention and early intervention programs to be implemented on campuses with the SIG-E grant. Another survey is planned for February of 2005.

Utah Prevention Advisory Council (UPAC)

In conjunction with the SICA and SIG-E grants, DSAMH developed a state-level advisory council to oversee substance abuse prevention efforts in Utah. The Council consists of representatives from the major agencies conducting prevention in Utah, with membership constantly growing as new partners are identified. The Council has created an "Interagency Cooperative Agreement for Substance Abuse Prevention in Utah," to be signed by the Governor and the heads of all key agencies, toward ensuring future coordination and collaboration of prevention efforts.

Utah K-12 Prevention Dimensions Program

Prevention Dimensions is Utah's pre-kindergarten through 12th grade alcohol, tobacco, and other drug prevention education program. It consists of a scoped and sequenced curriculum for each grade level and an intensive teacher inservice training component. The DSAMH is a key partner in the development and implementation of Prevention Dimensions (along with the Utah State Office of Education and the Utah Department of Health) and local substance abuse authority agencies provide the teacher inservice training. Prevention Dimensions has been designated a "promising" program (rigor level 3) by the Center for Substance Abuse Prevention. The DSAMH currently funds a rigorous evaluation of the curriculum that will lead to the program's designation as an "effective" (rigor level 4), science-based program in the near future.



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